

ABSTRACT

Compositions, methods, devices, and kits for maintaining or enhancing tooth whitening in a subject are disclosed. The methods include applying a first tooth whitening composition to the teeth of the subject for a predetermined period of time and applying a second tooth whitening composition to the teeth of the subject in predetermined intervals, wherein at least one of the first and second tooth whitening compositions are dispensed from a dental delivery device. The kits include a first tooth whitening composition and a second tooth whitening composition, each including an oxidizing agent. The oxidizing agent of the first tooth whitening composition is present in a higher amount than the second tooth whitening composition, which maintains or enhances the tooth whitening effect of the first tooth whitening composition.